

Preface

"Tame the mind. It is a greatest challenge before everyone. If you can arrest waywardness of your mind, Happiness and Success will be automatic."

— *Gauthama the Buddha*

Having born in this world, you have to live your life whether you like it or not, whether you are rich or poor.

When one is subjected to vagaries of life, one gets depressed and loses balance.

Under such circumstances, if a good friend comes to our rescue by consoling us and gives some strength to pull us out of problems, that would definitely put us in a better of mind to carry on our normal life again.

We also know that it is not always possible to find such a friend and philosopher to be available to us at a given point of time. At that time reading some good book gives us enormous courage and strength to overcome our difficulties.

During my long traverse of life, I also went through several difficult times, when I invariably used to go through some good book with which I used to get confidence